

**Pengaruh Terapi *Slow Deep Breathing* Dalam Menurunkan Tekanan
Darah Pada Penderita Hipertensi di Panti Werdha Harapan Ibu
Semarang**

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ABSTRAK

Latar belakang : Kementerian Kesehatan Republik Indonesia menyatakan bahwa satu dari tiga orang Indonesia mengidap hipertensi, dan prevelensi seseorang mengalami hipertensi akan terus meningkat dari tahun ke tahun. Salah satu jenis terapi yang bisa menjadi alternatif pengobatan non-farmakologi pada penderita hipertensi adalah terapi *slow deep breathing*. Terapi *slow deep breathing* adalah teknik yang menggunakan pola pernapasan lambat dan dalam untuk merangsang berbagai organ dan sistem dalam tubuh. Melalui pernapasan yang dilakukan dengan ritme teratur dan mendalam, terapi ini dapat membantu meningkatkan aliran darah dan meredakan ketegangan otot.

Tujuan : Menganalisis pengaruh terapi *slow deep breathing* dalam menurunkan tekanan darah pada penderita hipertensi di Panti Werdha Harapan Ibu Semarang.

Metode : Penelitian kuantitatif dengan desain eksperimen pretest dan posttest pada studi kasus penderita hipertensi di Panti Werdha Harapan Ibu Semarang, dilakukan kepada 4 responden. Intervensi yang diberikan adalah terapi *slow deep breathing*, dan data penelitian yang diperoleh dianalisis menggunakan analisis univariat.

Hasil : Pemberian terapi *slow deep breathing* terhadap pasien dengan hipertensi mengalami perubahan TD dimana terjadi penurunan yang cukup signifikan. Hasil TD sebelum intervensi yaitu TD responden tertinggi berada di angka 160/101 mmHg (HDII) di hari pertama yaitu Ny.S dan TD terendah berada di angka 130/80 mmHg (Pre-H) di hari ke empat yaitu Ny. P. Hasil TD sesudah dilakukan terapi *Slow Deep Breathing* yaitu TD responden tertinggi berada di angka 153/81 mmHg (HDI) dihari pertama yaitu Ny. S dan TD terendah berada di angka 122/78 mmHg (normal) di hari ke empat Ny.P.

Kesimpulan : terapi *slow deep breathing* dapat menurunkan tekanan darah pada penderita hipertensi.

Kata Kunci : Hipertensi, Terapi *Slow Deep Breathing*

**The Impact of Slow Deep Breathing Therapy in Lowering Blood
Pressure in Hypertension Sufferers at The Panti Werdha Harapan
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ABSTRACT

Background: The Ministry of Health of the Republic of Indonesia stated that one in three Indonesians suffer from hypertension, and the prevalence of someone experiencing hypertension will continue to increase from year to year. One type of therapy that can be an alternative non-pharmacological treatment for hypertension sufferers is slow deep breathing therapy. Slow deep breathing therapy is a technique that uses slow and deep breathing patterns to stimulate various organs and systems in the body. Through breathing that is done with a regular and deep rhythm, this therapy can help increase blood flow and relieve muscle tension.

Objective: To analyze the impact of slow deep breathing therapy in lowering blood pressure in hypertension sufferers at the Panti Werdha Harapan Ibu Semarang.

Method: Quantitative research with a pretest and posttest experimental design on a case study of hypertension sufferers at the Panti Werdha Harapan Ibu Semarang, was carried out on 4 respondents. The intervention given was slow deep breathing therapy, and the research data obtained were analyzed using univariate analysis.

Results: The provision of slow deep breathing therapy to patients with hypertension experienced changes in BP where there was a significant decrease. The results of BP before the intervention were that the highest respondent's BP was at 160/101 mmHg (HDII) on the first day, namely Mrs. S and the lowest BP was at 130/80 mmHg (Pre-H) on the fourth day, namely Mrs. P. The results of BP after Slow Deep Breathing therapy were that the highest respondent's BP was at 153/81 mmHg (HDI) on the first day, namely Mrs. S and the lowest BP was at 122/78 mmHg (normal) on the fourth day, Mrs. P.

Conclusion: Slow deep breathing therapy can lower blood pressure in hypertension sufferers.

Keywords: Hypertension, Slow Deep Breathing Treatment